

**U.S. Army John F. Kennedy Special Warfare Center and School**  
*The U.S. Army's Special Operations Center of Excellence*



**Department of Human  
Dynamics and Performance**



# HDP Lines of Effort



The Department of Human Dynamics and Performance (HDP) trains and educates ARSOF Soldiers to optimize their physical, cognitive, and interpersonal performance and adaptability.

## Line of Effort 1: Human Performance

### Key Task 1:

Maximize and enhance Soldier physical performance; prevent and reduce injury; and accelerate rehabilitation

Strength and Conditioning

Sports Medicine

Performance Nutrition

**Purpose:** To provide ARSOF Soldiers with the necessary KSAs to enhance personal performance, adaptability, and resiliency in order to accomplish the mission

## Line of Effort 2: Cognitive Enhancement/Performance

### Key Task 2:

Enhance the mental skills essential for optimizing the ARSOF Core Attributes, Life-Long Learning, and Soldier/Family resilience

Learning Enhancement

Performance Enhancement

Individual Mastery

**Endstate:** An ARSOF Soldier who is equipped with the necessary physical, cognitive, and interpersonal skills in order to understand and thrive in ambiguous environments while maintaining the requisite resiliency necessary to preserve the force and family.

## Line of Effort 3: Adaptive Thinking and Leadership

### Key Task 3:

Educate and train adaptive KSAs and motivation in order to promote effective decision making in dynamic environments

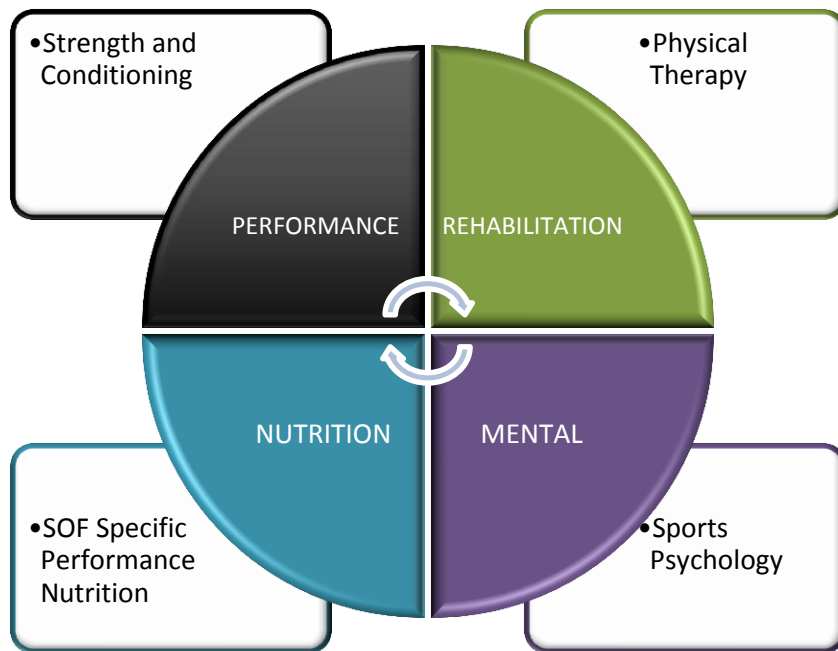
Fundamentals of Adaptability

Mental, Physical, and Interpersonal Adaptability

Negotiations and Mediation



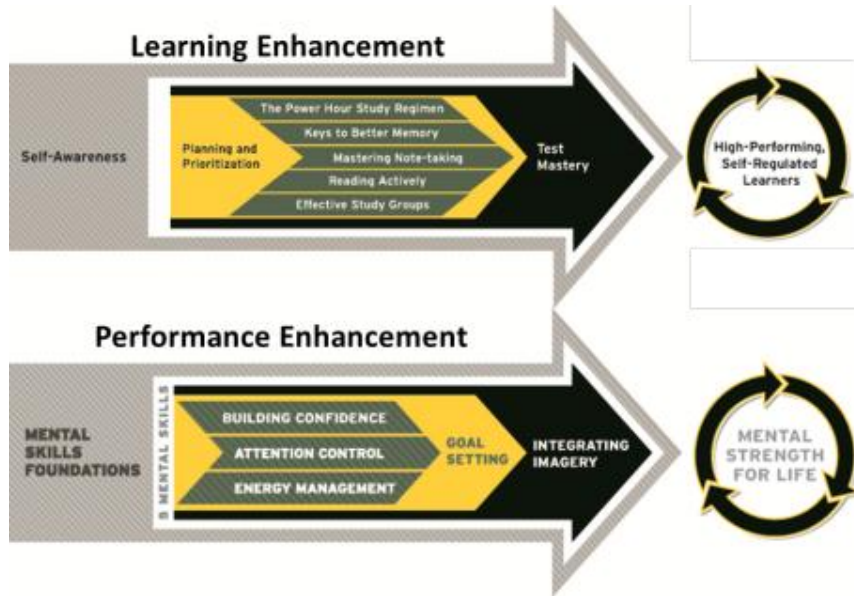
# Tactical Human Optimization, Rapid Rehabilitation and Reconditioning (THOR3) Overview



- Proactive SOF-Specific training program
  - Improve general fitness levels
  - Educate and train cadre and students regarding various aspects of human performance
  - Improve the proficiency and efficiency of task-specific skills performed – improve combat effectiveness
  - Reduce the probability and severity of injury
  - If injury occurs, facilitate a rapid return to duty through improved access to care

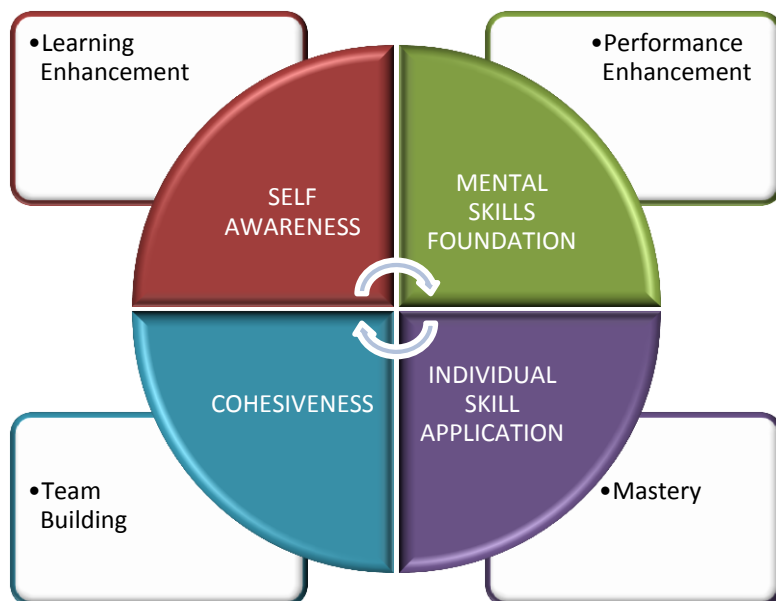


# Special Operations Cognitive Enhancement and Performance (SOCEP) Overview



## Mental Skills/Training Modules:

- Adult learning characteristics
- Learning Styles
- Self regulated learning
- Study Skills
- Active reading
- Note taking
- Test mastery
- Andragogy
- Cognitive Load
- Memory Improvement
- Critical Thinking
- Planning and Prioritization
- Soldiers educational backgrounds
- Self Awareness and Performance Zones
- Goal Setting
- Psychology of Injury
- Motivation
- Performance Profiling
- Attention Control
- Motor Control, Development and Retention
- Energy Management
- Sleep Science
- Human Bio-rhythms
- Burnout and Overtraining
- Effective Thinking
- Feedback and Reinforcement
- Imagery







# SOCEP Instruction Model

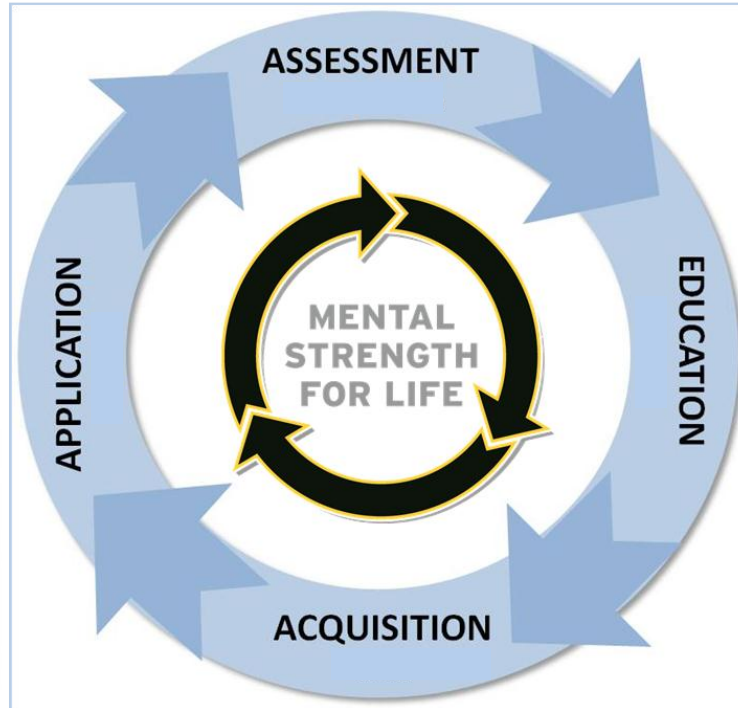


Assess objective and subjective effects of MST&E on unit performance and determine follow on areas of emphasis based on sustains and improves

Trainers conduct intake with unit leaders to determine needs, goals and desired outcomes; How to measure effectiveness of MST&E



Soldiers experience first hand how to “apply” mental skills during full speed execution of individual or collective task training



Soldiers learn fundamental concepts of “what” and “why” and “how” to develop mental skills



Soldiers gain a working knowledge of “how” to use mental tools and techniques by personalizing and practicing them through discussion, experiential learning, and practical exercises





# Adaptive Thinking and Leadership (ATL) Overview



Adaptability represents an individual's ability, skill, disposition, willingness, and /or motivation, to proactively change or reactively fit different task, social, and environmental factors toward an effective outcome

- Negotiation / Mediation TTPs
- Vignette-based negotiation scenarios
- Support to Q Courses

